

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
Muay Thai Fundamental 06:45 - 07:30	Gym Closed			Muay Thai Fundamental 06:45 - 07:30	Gym Closed			Muay Thai Fundamental 06:45 - 07:30	BJJ Fundamental 07:00 - 08:00		Muay Thai Kids 09:15 - 10:00	BJJ Kids (Under 7y/o) 09:15 - 10:00
BJJ Fundamental 07:00 - 08:00		BJJ No Gi Fundamental 07:00 - 08:00		BJJ Fundamental 07:00 - 08:00		BJJ No Gi Fundamental 07:00 - 08:00		BJJ Fundamental 07:00 - 08:00		Muay Thai Fundamental 10:15 - 11:00	BJJ Kids (7y/o - 12y/o) 10:15 - 11:00	
Gym Closed		Gym Closed		Gym Closed		Gym Closed		Gym Closed		Muay Thai Beginners 11:15 - 12:00	BJJ Fundamental 11:15 - 12:00	
Muay Thai Fundamental 12:30 - 13:30	BJJ Fundamental 12:30 - 13:30	Muay Thai Fundamental 12:30 - 13:30	BJJ Fundamental 12:30 - 13:30	Muay Thai Fundamental 12:30 - 13:30	BJJ Fundamental 12:30 - 13:30	Muay Thai Fundamental 12:30 - 13:30	BJJ Fundamental 12:30 - 13:30	Muay Thai Fundamental 12:30 - 13:30	BJJ Fundamental 12:30 - 13:30	Muay Thai Advanced 12:15 - 13:00	BJJ No Gi Fundamental 12:15 - 13:00	
Gym Closed												
Muay Thai Kids All Ages 17:00 - 17:45		Muay Thai Kids All Ages 17:00 - 17:45		Muay Thai Kids All Ages 17:00 - 17:45		Muay Thai Kids All Ages 17:00 - 17:45		Muay Thai Kids All Ages 17:00 - 17:45		Gym Closed		
BJJ Kids All Ages 17:45 - 18:30		BJJ Kids All Ages 17:45 - 18:30		BJJ Kids All Ages 17:45 - 18:30		BJJ Kids All Ages 17:45 - 18:30		BJJ Kids All Ages 17:45 - 18:30		Gym Closed		
Muay Thai Fundamental 18:30 - 19:30	BJJ Fundamental 18:30 - 19:30	Muay Thai Fundamental 18:30 - 19:30	BJJ Fundamental 18:30 - 19:30	Muay Thai Fundamental 18:30 - 19:30	BJJ Fundamental 18:30 - 19:30	Muay Thai Fundamental 18:30 - 19:30	BJJ Fundamental 18:30 - 19:30	Muay Thai Fundamental 18:30 - 19:30	BJJ Fundamental 18:30 - 19:30	Muay Thai Fundamental 18:30 - 19:30	BJJ Advance 18:30 - 19:30	
Muay Thai Beginners 19:30 - 20:30	BJJ Fundamental 19:30 - 20:30	Muay Thai Beginners 19:30 - 20:30	BJJ No Gi Fundamental 19:30 - 20:30	Muay Thai Beginners 19:30 - 20:30	BJJ Advance 19:30 - 20:30	Muay Thai Beginners 19:30 - 20:30	BJJ No Gi Fundamental 19:30 - 20:30	Muay Thai Beginners 19:30 - 20:30	BJJ Fundamental 19:30 - 20:30	Muay Thai Beginners 19:30 - 20:30	BJJ Fundamental 19:30 - 20:30	
Muay Thai Advanced 20:30 - 21:30	BJJ Advance 20:30 - 21:30	BJJ No Gi Advanced 13:15 - 14:00		Muay Thai Advanced 20:30 - 21:30		BJJ No Gi Advanced 13:15 - 14:00		Muay Thai Advanced 20:30 - 21:30		Gym Closed		
Gym Closed												